

ABSTRACT

To provide a muscle strength increasing system that is configured to allow more effective muscle development without any
5 extra effort of a wearer.

A muscle strength increasing system has a muscle strength increasing device 10 and a compression pressure control unit 20. The muscle strength increasing device 10 includes a tight fitting band 1 having a tube provided therein and a fixing unit 7 for keeping
10 the diameter of a loop formed by the tight fitting band 1. A pressure muscle training method is performed by introducing the air into the tube to apply, with the tight fitting band 1 being wrapped around a predetermined range to be compressed of a limb and fastened with the fixing unit 7, a predetermined compression
15 pressure to the limb around which the tight fitting band 1 is wrapped, thereby restricting the blood flow. The compression pressure control unit 20 controls a built-in pump 2 to automatically control the compression pressure within a range that does not exceed a preset compression pressure.